Lemongrass Seafood Curry

Active Time: 15 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

272.2 calories, 7.44 g carbohydrate, 1.67 g fiber, 5.77 g NET carbs, 32.73 g protein, 12.35 g fat

Ingredients

- 1 medium organic red bell pepper, thinly sliced
- 1/2 cup(s) fresh basil leaves
- 4 Tbsp(s) fresh lemongrass, cut into 1 inch pieces
- 8 ounce(s) sea scallops
- 2 Tbsp(s) organic coconut oil
- 8 ounce(s) wild shrimp, peeled
- 8 ounce(s) mahi mahi
- 1/4 cup(s) organic coconut milk
- 2 Tbsp(s) organic green curry paste
- 2 Tbsp(s) fish sauce

Preparation

1. Mix together coconut milk and green curry paste and set aside.
2. Heat oil in a large, safe skillet over medium high heat.
3. Add the shrimp, scallops and fish and sauté for 3-4 minutes.
4. Add bell pepper strips and toss for 30 seconds.
5. Add all remaining ingredients, cover, and simmer for 3–4 minutes.
6. Remove lemongrass pieces and serve.

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